

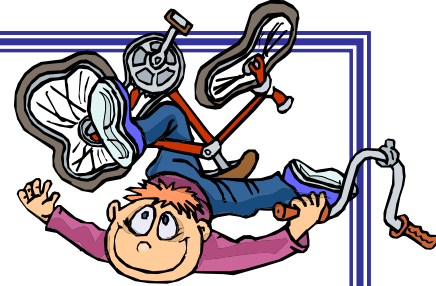
Unintentional Injuries

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Healthy Homes
City of Long Beach



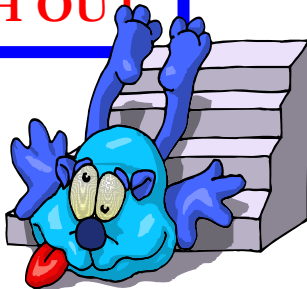
FALLING



OF ALL CHILDHOOD INJURIES, FALLING IS THE LEADING CAUSE OF HOSPITALIZATIONS AND EMERGENCY DEPARTMENT VISITS.

STAIRS, HALLWAYS AND DOORWAYS

WATCH OUT

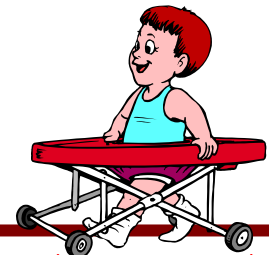


- ✓ Protect stairways with safety gates at the top and bottom.
- ✓ Do not let children play on stairs.
- ✓ Keep stairways and halls well lit and clear of clutter.
- ✓ Close doors to keep your baby out of rooms where he or she could climb on something and get hurt.
- ✓ If you live above the first floor, make sure your front door is always securely latched or locked.
- ✓ If you have wrought iron railings on your stairs, make sure the rails are close enough together that your child cannot squeeze through them and fall.

BABY WALKERS:

Never use a baby walker because babies in walkers can:

- ✓ Tip the walker over or fall out of it
- ✓ Roll into hot stoves, heaters and swimming pools
- ✓ Roll downstairs



WATCH OUT

WATCH OUT



WINDOWS

- ✓ Install window guards or window stops on all windows above the first floor.
- ✓ Move chairs, cribs, and other furniture away from windows.
- ✓ Don't rely on window screens to prevent falls.

OTHER

- ✓ Keep side rails up on cribs.
- ✓ Never leave your baby alone on changing tables, beds, sofas, or chairs.
- ✓ Move chairs away from kitchen counters.
- ✓ Protect corners of coffee tables and other furniture with sharp edges.
- ✓ Strap young children securely into high chairs, strollers and swings.
- ✓ Make sure bathtubs and showers have non-slip surfaces and grab bars.



WATCH OUT



**IF YOUR CHILD HAS A SERIOUS FALL
CALL YOUR DOCTOR IMMEDIATELY!**



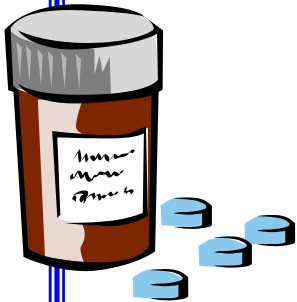


POISONING



When children are poisoned at home the most common causes are medicines, make-up, cleaning products, and houseplants.

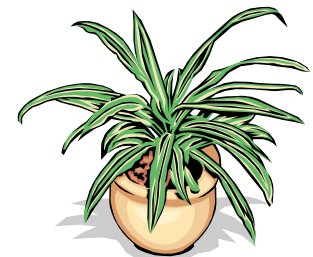
Medicines



- ✓ Never tell a child that medicine is "candy".
- ✓ Never leave your purse with medicine in a place where children can get it.
- ✓ Always keep pills and liquids in their original containers.
- ✓ Keep all medicines and vitamins far from children's reach even those with child resistant packaging.
- ✓ Never leave vitamin bottles, aspirin bottles or other medication on kitchen table, countertops, bedside table or dressers.

Other

- ✓ Keep all make-up out of the reach of children.
- ✓ Keep cleaning products and pesticides in their original, labeled containers.
- ✓ Use child-resistant safety latches for drawers and cabinets.
- ✓ Know which plants in and around your home can be poisonous, and keep them away from children.



If your child does eat something that could be poisonous:

- + Call your doctor or the Poison Control Center (1-800-876-4766) immediately.
- + Have syrup of ipecac on hand to make your child vomit, but because some poisons cause additional problems if vomiting is induced **use it only if you are told to do so** by the Poison Center or your doctor.

Carbon Monoxide

Carbon Monoxide (CO), is an invisible, odorless gas. Carbon Monoxide poisoning causes flu like symptoms, and headaches, extreme sleepiness, extreme difficulty in waking up and eventually coma and death. When carbon monoxide is present, everyone in the family will experience the symptoms, but children will be more affected.



- ✓ Have all gas burning appliances, such as furnaces and ovens, inspected annually. Call the Gas Department (562) 570-2100 for this **free** safety check.
- ✓ Be sure wall heaters are vented properly.
- ✓ Never use barbecue grills indoors for either cooking or heating.
- ✓ Consider installing Carbon Monoxide detectors in your home.

If you suspect Carbon Monoxide poisoning in your home, remove everyone from the house **immediately** and do not return until the home has been checked by the Gas Department (562) 570-2140 (24-hour emergency number).



FIRES

SAFETY TIPS

When Cooking:

- ✓ Avoid wearing clothes with long, loose-fitting sleeves.
- ✓ Never leave food on a stove or in an oven unattended.

Smoking

- ✓ Never smoke in bed.
- ✓ Never leave burning cigarettes unattended.
- ✓ Never empty hot cigarette ashes into a trashcan.
- ✓ Always keep ashtrays away from upholstered furniture and curtains.
- ✓ Always keep matches and lighters out of from children's reach.



OTHERS



- ✓ Never leave burning candles unattended.
- ✓ Store flammable substances used around the home safely and out of reach of children.
- ✓ Never store flammable substances near a water heater with a gas pilot light.
- ✓ Test the batteries on your smoke alarm every month to be sure that they work. Change the batteries once a year.



PLAN AHEAD



1. How would you get out of your home in case of fire? How about your children? If your house has more than one floor how would they get outside from upstairs?
2. Decide on an outside meeting place for all family members to gather.
3. Contact the Fire Department at (562) 570-2544 for more information.

IN CASE OF FIRE

1. Get out **IMMEDIATELY**, seconds count.
2. Phone for help from a neighbor's home, not from inside a burning building.
3. If the house is filled with smoke, crawl low to the floor, under the smoke with a wet towel over your head.
4. Test the door. If it's hot or there's smoke, use another way out.
5. Once out, **STAY OUT**. If someone is missing, tell a firefighter.

SCALD BURNS

Toddlers are at greatest risk of scalds (hot water burns) as they begin to walk, climb, and reach.

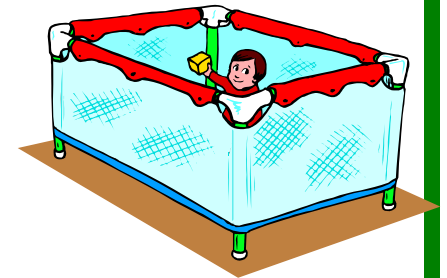
SAFETY IN THE KITCHEN



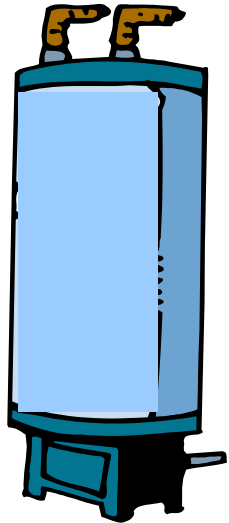
✓ When you cook, keep your child away from the stove. Turn pot handles toward the back of the stove. If possible, use rear burners.
✓ Check the temperature of your child's food before serving.
✓ Never warm baby bottles in the microwave. The liquid may heat unevenly, resulting in pockets of milk that can scald your baby's mouth.

✓ A safe place for your child while you are cooking, eating, or unable to give him your full attention is the playpen, high chair, or crib.

✓ Never carry your baby and hot liquids or foods at the same time.



✓ Keep hot foods and drinks away from the edge of tables and counters. Avoid using tablecloths or large placemats because a small child can pull on them, pulling hot foods and drinks down on them.



SAFETY IN THE BATHROOM

- ✓ If you live in an apartment and you are unable to control the water temperature, you can install an anti-scald device that will slow water to a trickle if it reaches a certain temperature
- ✓ Before bathing a child, always test bath water with your wrist or elbow to make sure it is not too hot.
- ✓ Supervise kids in the tub. Young children can turn the hot water on and scald themselves. Older children can scald a younger child.

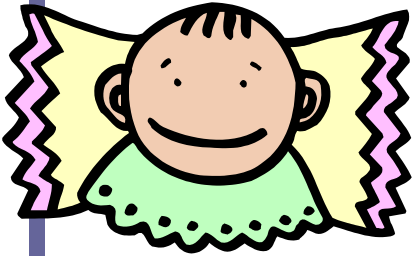


If your child gets burned, immediately put cold water on the burned area. Then cover the burn loosely with a bandage or clean cloth.

Call your doctor about all burns.

SUFFOCATION

The leading cause of suffocation among small children
is unsafe sleep practices

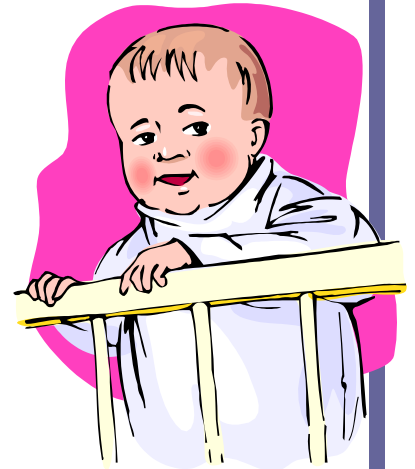


- Always place your baby to sleep on his or her back.
- Babies should sleep on a firm surface. Remove all soft bedding-pillows, quilts, comforters and sheepskins from the crib.
- Keep your baby's face and head uncovered during sleep. If you do use a blanket or another covering, make sure it is tucked in and no higher on the baby than the chest area.
- Never let your baby sleep in bed with you. Babies have died when their breathing was blocked by pillows, bedding and even their parents.
- Never let a baby sleep on an adult bed or a waterbed.

PUT YOUR BABY TO SLEEP IN A SAFE CRIB.

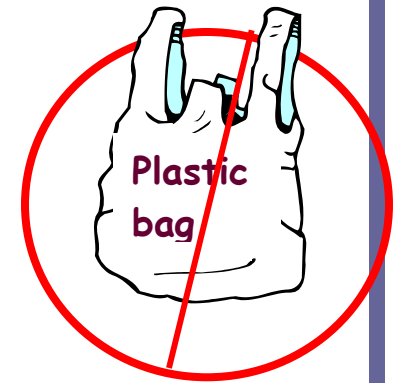
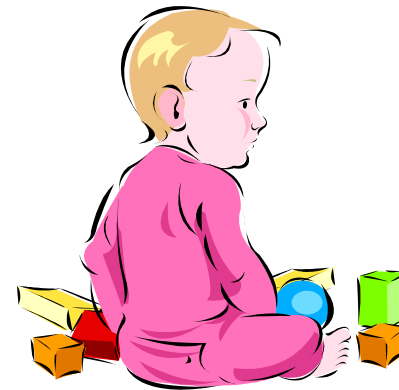
MAKE SURE THE CRIB HAS:

1. No missing or broken hardware and that the slats are no more than 2 3/8" apart.
2. No cutout designs in the headboard or footboard.
3. A firm, tight fitting mattress
4. A safety certification seal (on new cribs)



OTHER SAFETY TIPS TO PREVENT SUFFOCATION:

- ✓ Keep plastic shopping, garbage and dry cleaning bags away from children.



- ✓ Choose a toy chest without a lid. If your child's toy chest does have a lid, make sure it has a safety latch that stays open in any position. Make sure there are air holes in the back or bottom of the chest in case your child gets stuck inside.

- ✓ Lock your car when not in use and keep the keys away from children. Children have suffocated after climbing into car trunks and becoming trapped inside.



STRANGULATION



CLOTHING:

Don't buy clothes with drawstrings, which can catch on objects, especially playground equipment and strangle a child. Cut all existing drawstrings out of hoods, jackets and waistbands.



CRIBS:

- ✓ Strings on crib bumpers should not be longer than six inches.
- ✓ Clip strings or ribbons off hanging mobiles and other crib toys.
- ✓ Don't hang diaper bags or purses on cribs.

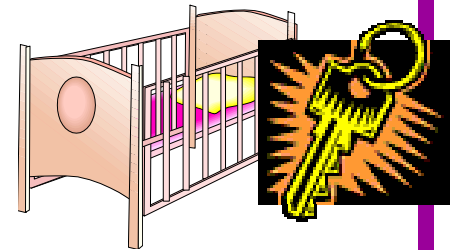


CORDS, STRING AND RIBBON, ETC.:

Always tie up window blind cords so they are out of your child's reach. Cut the cords so there is no loop on the bottom.



- ✓ Don't let long telephone cords dangle to the floor.
- ✓ Do not put necklaces or headbands on your baby.
- ✓ Never tie a pacifier around your baby's neck.



OTHERS:

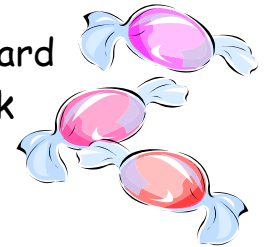
- ✓ Never leave a child alone in a high chair or stroller. A child can slide down and trap his or her head.
- ✓ Don't use old accordion style gates. These can also trap a child's head.

CHOKING/FIREARMS/ELECTRICAL SAFETY

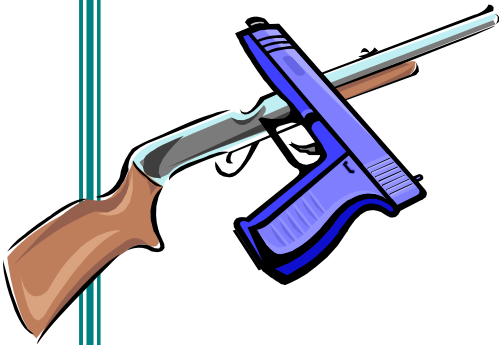
CHOKING

ONE OF THE WAYS BABIES AND SMALL CHILDREN EXPLORE THEIR WORLD IS BY PUTTING THINGS IN THEIR MOUTHS. ANYTHING THAT FITS CAN BE A DANGER.

Children under four can choke on small, hard or smooth pieces of food including hard candy, raw carrots, tortilla chips, hot dogs, grapes and any other food that can block their windpipe if the food isn't properly chewed.



Keep small toys, balloons, coins and small balls away from young children.



FIREARMS

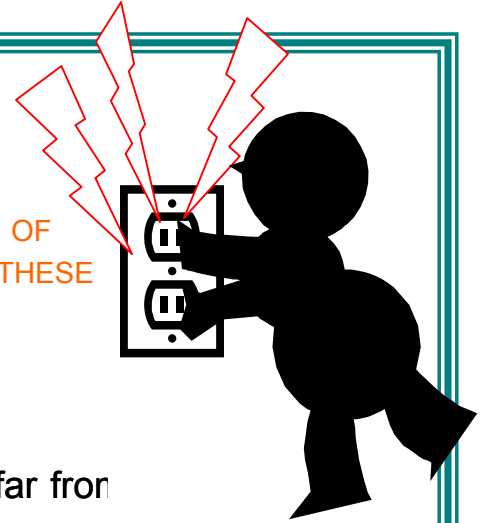
CHILDREN WHO LIVE IN HOMES WHERE GUNS ARE PRESENT ARE MORE LIKELY TO SHOOT THEMSELVES, BE SHOT BY THEIR FRIENDS, OR FAMILY MEMBERS THAN TO BE SHOT BY AN INTRUDER.

If you must keep a gun, make sure it is unloaded and kept locked up in a place separate from the ammunition.

Talk to your child about guns. Make sure your child does not play in a friend's home where there is a gun. Find out if your child's friends carry guns.

ELECTRICAL SAFETY

MANY HOUSEHOLD ELECTRICAL OUTLETS AND ELECTRICAL CORDS ARE AT THE EYE LEVEL OF YOUR SMALL CHILD. PROTECT YOUR CHILD FROM ELECTRIC SHOCK BY FOLLOWING THESE SAFETY RULES:



- ✓ Use safety plugs to cover electrical outlets.
- ✓ Unplug all kitchen appliances when not in use and keep cords far from reach.
- ✓ Push televisions and stereo equipment against walls, so small hands don't have access to the cords or back surfaces.
- ✓ Tie up excess cord with a twist tie to keep your child from chewing on the cord.
- ✓ Unplug all bathroom appliances when not in use. Never leave a hair dryer, curling iron or any other appliance plugged in near a bathtub. If these fall into the bathwater, while your child is bathing, the electric shock can kill your child.

